

HealthQuest Wellness Champion Network Monthly Webinar

Thursday, April 10 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone



Agenda

- Welcome New Champions!
- Financial Fitness Challenge
- April 30th – National Walk at Lunch Day
- National Health Observances: May
- Make Spring a Season to Move!
- State of American Well-being
- 10 Vital Behaviors of a Self Leader - #4
 - Jack Bastable, CBIZ

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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HOW THE CHALLENGE WORKS

The goal is to "save" 500 virtual dollars in 4 weeks.

Save 10 virtual dollars for each DAILY activity:

- Keep track of your total daily spending
- Avoid using a credit card

Save 20 virtual dollars for each WEEKLY activity:

- Pay bills on time
- Balance your checking account

Save 30 virtual dollars for each MONTHLY activity:

- Set aside money into a savings account
- Set aside money into a retirement account

Participation Update:

EAP Webinar

Managing Personal Finances

Thursday, April 17, 2014

11:30 am

Register at:

<https://www3.gotomeeting.com/register/540308430>

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National Walk @ Lunch Day

Sponsored by Blue Cross Blue Shield of Kansas

Wednesday, April 30, 2014

Official walks will be coordinated in Topeka, Salina, Wichita and Hutchinson (Hutchinson is new this year)! If you are located in a city without an official walk, we encourage you to coordinate one with your co-workers and use the toolkit materials to promote!

The event details and promotional materials are available now at http://www.bcbsks.com/AboutUs/Community/walk_at_lunch.htm

Tens of thousands of walkers from across the country participate!
A limited number of free T-shirts are available for participants at each official event location.

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Sample Flyer:

National Walk @ Lunch Day



**TURN A
WORKING
LUNCH
INTO A
WALKING
LUNCH**

APRIL 30, 2014

TIME:

LOCATION:



www.bcbsks.com

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May

National Health Observances

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National Bike Month



<http://www.bikeleague.org/bikemonth>

- Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more people to giving biking a try
- **Bike to Work Week = May 12-16**
- **Bike to Work Day = May 16**
- National Bike Challenge = May 1 - September 30, 2014
- 2014 materials will be posted in two weeks here:

<http://www.bikeleague.org/content/promotional-materials-0>

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Mental Health Month

- The EAP is developing a “help sheet” flyer for Mental Health Month – stay tuned!
- Also available through the EAP, **request a training for your worksite!** Choose from over 100 topics:

<http://www.kdheks.gov/hcf/healthquest/download/EAPPresentations.pdf>

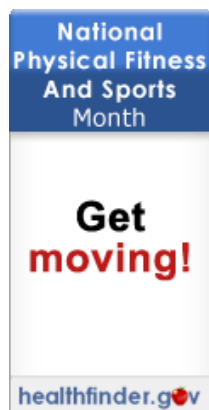
- Check out the Mental Health America website for a full toolkit of promotional materials.



<http://www.mentalhealthamerica.net/may>

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Physical Fitness & Sports Month



<http://healthfinder.gov/nho/MayToolkit.aspx>

- People of all ages and body types can benefit from regular physical activity. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.
- Promotional Toolkit includes:
 - Newsletter blurbs
 - Twitter/Facebook posts
 - Community/Worksite event ideas
 - Links to resources
 - eCards to send via email

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How are you making Spring a season to MOVE?

A Few IDEAS:

- Promote and participate in National Walk @ Lunch Day
- Start a club or challenge with your co-workers to move more during the day
- Use the toolkit for National Physical Fitness and Sport Month
- Share HealthQuest's **Get in the Groove to Move** campaign materials to promote physical activity, program tools and resources throughout April - May

Tell Us What
You're Doing!

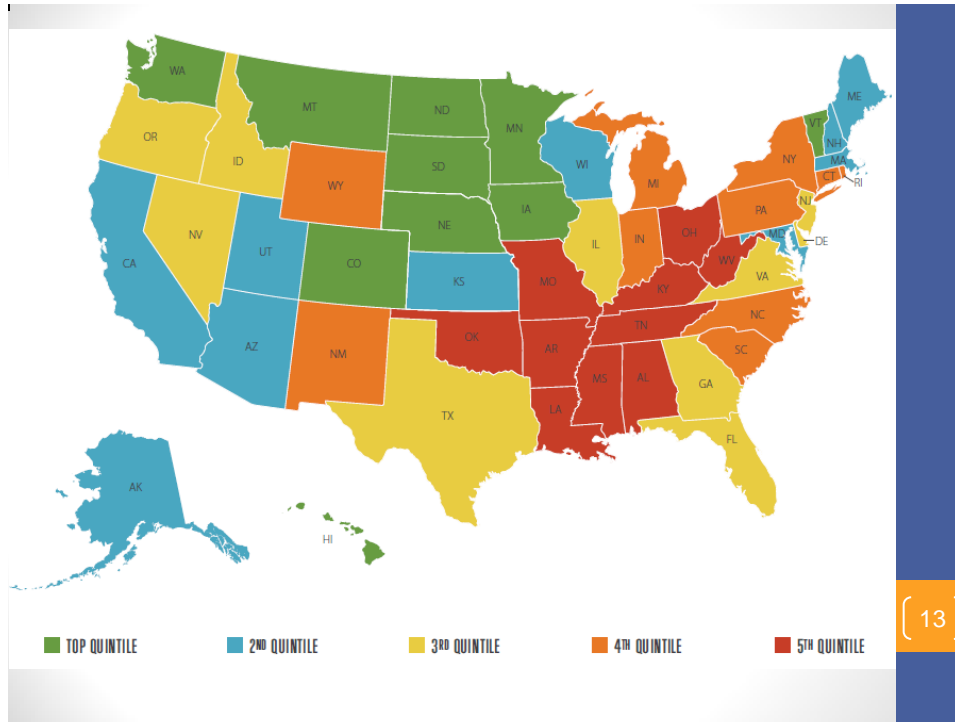
[11]

STATE OF AMERICAN WELL-BEING

2013 STATE RANKINGS AND ANALYSIS

Gallup · Healthways
Well-Being Index®

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How Does Kansas Rank?

Number 20 in 2013 – rankings for 2012, 2011, 2010, 2009, 2008:

KANSAS 20 17 7 16 11 13

Average state rankings from 2008-2013 pictured below:

TOP QUINTILE		2 ND QUINTILE		3 RD QUINTILE		4 TH QUINTILE		5 TH QUINTILE	
Hawaii	2.3	Washington	12.7	Idaho	18.8	Pennsylvania	31.7	Nevada	39.7
Minnesota	4.2	Massachusetts	13.0	Maine	21.0	New York	33.5	Louisiana	40.8
Utah	5.3	South Dakota	13.7	Wisconsin	22.0	North Carolina	33.8	Indiana	41.2
Colorado	6.3	Kansas	14.0	Arizona	22.2	Florida	34.7	Tennessee	42.8
Montana	6.8	Maryland	14.2	New Mexico	23.8	South Carolina	35.5	Alabama	44.3
North Dakota	9.0	Wyoming	14.3	Oregon	23.8	Rhode Island	36.2	Ohio	45.7
Alaska	11.8	Iowa	14.5	Texas	24.5	Delaware	36.2	Arkansas	46.2
Nebraska	12.0	California	16.8	New Jersey	27.0	Michigan	37.7	Mississippi	47.8
New Hampshire	12.2	Virginia	17.3	Illinois	27.7	Oklahoma	39.2	Kentucky	48.8
Vermont	12.2	Connecticut	18.8	Georgia	27.8	Missouri	39.3	West Virginia	49.8

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We'd love your help to spread the message about
the HealthQuest Reward to your co-workers!

**It's quick and easy to complete
your Health Assessment
Questionnaire!**

**And earn 30
total credits!**

(15)

HealthQuest
Wellness Champion Network



10 Vital Behaviors of a Self-Leader



#4 Self-Leaders exercise daily gratitude, leading to resiliency, positivity, better health and enhanced relationships

They understand the science of gratitude and its influence over both mindset and actions.

Resources:

- Study the 31 Benefits of Gratitude
<http://happierhuman.com/benefits-of-gratitude/>
- Flourish, Martin Seligman

Thank You for Attending Today!

- Next Meeting is Thursday, May 8 at 11-11:45am
- Secret Question: Contact List
 - Confirm info is correct/make correction **or**
 - Opt out from publicly posted contact list
- Open Questions / Comments